SEPTEMBER 2023 – SENIOR ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday 1
FITNESS ROOM HOURS Monday-Friday 8:30am – 8:00pm Saturday 9:00am – 4:00pm	DROP IN/COMPUTER ROOM HOURS Monday-Friday 9:00am - Noon	POOL ROOM HOURS Monday-Friday 9:00am - 3:00pm by appointment	***REC AUTHORITY*** ***BUILDING SHUTDOWN***	
LABOR DAY ********** SENIOR CENTER	5 Rummy 12:30-3pm	6 Stretch for Life 9-10:30am Mexican Train Dominoes 10am Euchre 1-3pm	Zumba Gold 10am Stroke Club 12:30pm Parking Lot DJ Dance Party 3-4:30pm	8 Chair Yoga 10am Wii Bowling 10am Euchre 1-3pm
Stretch for Life 9-10:30am Blood Pressure Testing 10am-Noon MDHHS 10am-Noon Sit 'n Knit 11am Bid Whist 1pm	12 Rummy 12:30-3pm Pickleball 1-3pm	Stretch for Life 9-10:30am Mexican Train Dominoes 10am Euchre 1-3pm Line Dance 1-3pm	14 Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm	15 Chair Yoga 10am Wii Bowling 10am Euchre 1-3pm
Stretch for Life 9-10:30am Blood Pressure Testing 10am-Noon Sit 'n Knit 11am Bid Whist 1pm	19 Pickleball Beginner Lessons 10-11am Rummy 12:30-3pm Pickleball 1-3pm	20 Firekeepers Trip 9am Stretch for Life 9-10:30am Mexican Train Dominoes 10am Cubii 11am Euchre 1-3pm Line Dance 1-3pm	21 Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm	22 Chair Yoga 10am Wii Bowling 10am Euchre 1-3pm
25 Stretch for Life 9-10:30am Blood Pressure Testing 10am-Noon Senator Klinefelt 10am Sit 'n Knit 11am Bid Whist 1pm	26 Pickleball Beginner Lessons 10-11am Rummy 12:30-3pm Pickleball 1-3pm	27 Stretch for Life 9-10:30am Mexican Train Dominoes 10am Cubii 11am Euchre 1-3pm Line Dance 1-3pm	28 Zumba Gold 10am Stroke Club 12:30pm Pickleball 1-3pm	29 Chair Yoga 10am Wii Bowling 10am Euchre 1-3pm

OCTOBER 2023 – SENIOR ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Stretch for Life	Pickleball Beginner	Stretch for Life	Zumba Gold 10am	Walking 9am-Noon
9-10:30am	Lessons 10-11am	9-10:30am	Stroke Club 12:30pm	Chair Yoga 10am
Walking 9am-Noon	Rummy 12:30-3pm	Walking 9am-Noon	Pickleball 1-3pm	Wii Bowling 10am
Blood Pressure Testing	Painting with Al 1pm	Mexican Train Dominoes		Euchre 1-3pm
10am-Noon	Pickleball 1-3pm	10am		
Sit 'n Knit 11am		Cubii 11am		
Bid Whist 1pm		Euchre 1-3pm		
		Line Dance 1-3pm		
9	10	11	12	13
Stretch for Life 9-10:30am	Pickleball Beginner Lessons 10–11am	Stretch for Life 9-10:30am	Zumba Gold 10am	Walking 9am-Noon
		Walking 9am-Noon	Stroke Club 12:30pm	Chair Yoga 10am
Walking 9am-Noon	Rummy 12:30-3pm	Mexican Train Dominoes	Pickleball 1-3pm	Wii Bowling 10am
Blood Pressure Testing 10am-Noon	Pickleball 1-3pm	10am		Euchre 1-3pm
Sit 'n Knit 11am		Energy Smart Seniors 11am		
Bid Whist 1pm				
NO LUNCH		Cubii 11am		
		Euchre 1-3pm		
16	17	Line Dance 1-3pm 18	19	20
Stretch for Life	Pickleball Beginner	Stretch for Life	Pioneer Trail Wine	Walking 9am-Noon
9-10:30am	Lessons 10-11am	9-10:30am	Around Trip 8:15am	Chair Yoga 10am
Walking 9am-Noon	Rummy 12:30-3pm	Walking 9am-Noon	Zumba Gold 10am	Wii Bowling 10am
Blood Pressure Testing	Pickleball 1-3pm	Mexican Train Dominoes	Stroke Club 12:30pm	Euchre 1-3pm
10am-Noon	'	10am	Pickleball 1-3pm	Euchre 1-3pm
MDHHS 10am-Noon		Cubii 11am	· · · · · · · · · · · · · · · · · · ·	
Sit 'n Knit 11am		Euchre 1-3pm		
Bid Whist 1pm		Line Dance 1-3pm		
23	24	25	26	27
Stretch for Life 9-10:30am	Pickleball Beginner Lessons 10-11am	Stretch for Life 9-10:30am	Zumba Gold 10am	Walking 9am-Noon
Walking 9am-Noon		Walking 9am-Noon	Stroke Club 12:30pm	MMAP 10am-4pm
Blood Pressure Testing	Rummy 12:30-3pm	Mexican Train Dominoes	Pickleball 1-3pm	Chair Yoga 10am
10am-Noon	Pickleball 1-3pm	10am		Wii Bowling 10am
Senator Klinefelt 10am		Cubii 11am		Euchre 1-3pm
Sit 'n Knit 11am		Euchre 1-3pm		
Bid Whist 1pm		Line Dance 1-3pm		
30	31			
Stretch for Life 9-10:30am	NO Rummy	FITNESS ROOM HOURS	DROP IN/COMPUTER ROOM HOURS	POOL ROOM HOURS
Walking 9am-Noon	NO Pickleball			
Blood Pressure Testing	Trick or Treat Event	Monday-Friday 8:30am - 8:00pm	Monday-Friday 9:00am - Noon	Monday-Friday 9:00am - 3:00pm
10am-Noon	Noon-2pm	•	3.00um - 1900n	by appointment
Sit 'n Knit 11am		Saturday 9:00am – 4:00pm		/ TF
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